



By **Ann Kennedy**  
Membership Coordinator, CPA Ontario

## Sex, Wheels & Relationships IV

**Wednesday, October 29th, 2008**

**4:30 pm to 9:00 pm**

**Bloorview Kids Rehab – Cafeteria**

150 Kilgour Road (north-east of Eglinton and Bayview), Toronto

**Featuring a performance and keynote by Spirit Synott (right)**

**B**eing sexual is a condition of being human from the day you are born. Whether you're thinking about intimacy in a new relationship, or you've been "committed" for years and you're getting out of rehab soon, sexuality is bound to be a subject raising lots of questions. You may be surprised to know there's no great mystery to it. No matter who you are or what's going on in your life, you have to *figure out what you've got and how to use it*. Living with a spinal cord injury or other physical disability may change your options, but it doesn't mean you can't have a fulfilling sex life.

There are 3 universal keys to a healthy sex life: Body Image, Self Esteem and Communication. **Sex, Wheels & Relationships IV** is designed to help you examine how your disability has affected the way you see yourself as a sexual being.

Our keynote speaker Spirit Synott and her partner will perform a dance that guarantees to move and inspire you with its romantic expression. Following, Spirit will talk about her personal journey toward acceptance and fulfillment as a person beyond her disability.

This forum is **free** to all CPA Ontario members plus one guest (minimum age 16). Non-members are welcome to come for an entry fee of \$10, plus they'll receive a full year's complimentary membership!

**Sex, Wheels & Relationships IV  
Membership Forum Schedule:**

**4:30 pm to 5:15 pm** Registration and Social



**5:15 pm** Performance and Keynote

Address: Spirit Synott, Dancer

**6:00 pm to 6:45 pm** Dinner

**6:45 pm to 8:30 pm** Peer to Peer

Conversation. Choose the topics that interest you and join in small group discussions to see how your peers have navigated the choppy waters of dating and relationships with a disability. Take your pick from:

**Saturday Night Fever** – all about getting back into the dating scene!

**Finding your E-Zone** – everybody's different: what feels good for you?

**How Can I Get It If I Can't Get It Up?** – practical advice from guys who know.

**The Rules of Attraction** – it goes way beyond how you look!

**8:30 pm to 8:45 pm** Closing Remarks, prize giveaways

**All details are subject to change.**

**SPACE IS LIMITED – Sign up today!**

For more information and to register, please contact Ann Kennedy at 416-422-5644, ext. 249 or email [memberforumrsvp@cpaont.org](mailto:memberforumrsvp@cpaont.org)

For ongoing updates on speakers and the forum program, visit [www.cpaont.org](http://www.cpaont.org)

**Sex, Wheels & Relationships Forum IV is generously sponsored by  
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## Announcing new Membership Benefit Providers

**CPA Ontario's Membership Benefit Program is expanding! We're happy to introduce the following new providers:**

**First month free from Direct Alert**

**Direct Alert** is a personal emergency response system that connects you in seconds to someone who can help 24-hours-a-day. Simply press your help button in case of emergency. Enjoy independent living, in your own home, longer without unnecessary fees and long term contracts. Never be alone with our emergency response system!

In case of an emergency, the control panel has a two-way voice speakerphone that allows you to communicate with our Emergency Response Center, from anywhere in range of the unit. The panel can also be programmed for medication reminders for those who would benefit from such a service.

The personal help button is water resistant up to 3 feet and has a range of up to 600 feet from the main unit. A press of the button will send a signal for help through the panel to Direct Alert's Emergency Response Center.

The button can be worn to fit your lifestyle. You can wear it on your wrist, as a necklace, or as a pin and it can also be used to answer the phone.

For more information, call 1-877-4-911-SOS (767) or visit [www.directalert.ca](http://www.directalert.ca).

**5% off architectural design and renovations from A-Motion**

At **A-Motion**, our goal is to help you live and work not only more safely, but more comfortably in your environment – regardless of your accessibility needs.

**a-motion**  
accessible lifestyle solutions

In many instances, it's not just things like ramps or grab bars that make the most difference to everyday life – sometimes it's an electrical outlet just out of reach or the transition from carpet and tile which becomes a barrier to moving easily from room to room, that create everyday obstacles and safety issues.

At A-Motion, we'll help you define your specific accessibility concerns and then work with you to find solutions that fit your lifestyle requirements.

*Our expertise comes from personal experience.* We understand how you feel because we also live with accessibility issues. The trial and error of personal experience, tempered with over 20 years in the construction industry, has helped us to understand the best technologies, methods, products and ideas available to you today.

For more information, visit [www.amotion.ca](http://www.amotion.ca).

### **Renew Your Membership: 3 years for the price of 2!**

For the next 3 months, whether you have an individual, a family or a professional membership, you can **renew your membership for 3 years and save over 30% off the membership fee**. This offer is currently available when you renew by phone, mail or in person only.

If you prefer, you can still purchase or renew for one year online at [www.cpaont.org](http://www.cpaont.org) – it's easy, convenient and secure! Either way, don't miss out on the benefits – remember, there's **Strength In Numbers!**